

**Bring enough film!** Preserving the photographic evidence for the court is critical. The main problem is that of "continuity". This means that in the court it is necessary to show a continuous chain of possession of the film, negatives and prints. This must be done to counter any suggestion that these items have been tampered with. It is necessary to have the negatives so that it can be established that the prints are in fact derived from the negatives etc. Also, it must be shown that the prints made were not selected to avoid the more damaging evidence (or to provide only the damaging evidence).

### CHAIN-PAMPHLETS

PLEASE MAKE FIVE COPIES  
OF THIS PAMPHLET AND  
DISTRIBUTE THEM AMONG  
YOUR FAMILY AND  
FRIENDS.

pay by donation  
(the average pamphlet  
costs 30 cents to produce)  
(free to those with no change)

*-For Further Reading-*

Due to space constraints, we could not go into the kind of depth that some of these topics require. However we did try to touch on everything we could, as best we could. For more information, please consult the following publications:

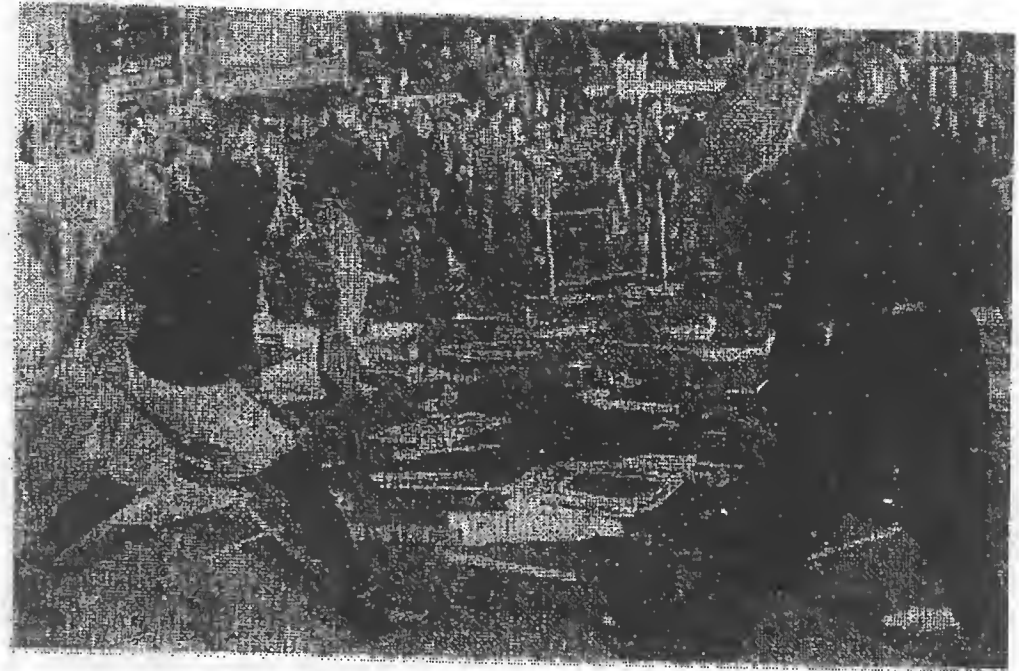
- Bodyhammer: tactics and self defence for the modern protestor
- Know Your Rights! advice from the legal lizards at the G8 legal collective
- We Take Over: november 30 1999
- Health and Safety at Militant Actions (action medical)
- An Activist's Guide to Basic First Aid (black cross health collective)
- On Tactics and Organization (revolution now)

revolution now will be finishing a first aid pamphlet soon, too.

All of these publications are available from us for two (canadian) dollars each (postage is included in the price).

Take care out there.

# Don't Back Down!



Contains information on: Supplies, Affinity Groups, Gas Decontamination, Herbal First Aid, Violence Defusing Tips, Grounding and Centering, Guide to Surviving 'Public Order' Situations, Emotional Aftercare, Post Traumatic Stress Disorder, Peer Counseling, and more...

*Fall 2002 edit*

*Now includes: the effects of pepper spray on women's health, aftercare for handcuff injuries, and vulnerable persons at demos.*

## Introduction

The first and most important thing to remember is to relax. If you are well prepared mentally and have essential supplies and knowledge, you will probably just run the whole time on adrenaline. Fear and confusion are the State's major weapon. Confidence, determination, preparation and awareness of (y)our strength is (y)our best weapon.

People around you will fall apart mentally. Be prepared for this and don't let them get to you. If you are lucky enough to be billeted in a place with a shower, have one (just keep it a cold one) and try to get some sleep. Remember to not tarry around after about 7 PM, and always keep tight to your affinity group. It's easy to get sidetracked at summits and the like - there's lots of attractive people who are into what you're into, and lots of parties (and drugs), but keep FOCUSED and keep smart. All of that is waiting for you at home, and the risk of arrest - and a shitkicking - is usually not so high at home.

The methods used by the state against us are not so much weapons of pain, as they are tools of distraction. The fear of pepper spray and tear gas is a diversion intended to control us, to cloud our vision and obscure the weakness of the corporate state - devoid of joy or love, knowing only the language of threats and fear.

Fear thrives on uncertainty and lack of knowledge. There is a lot of information here. Use it and fight hard. Remember, they're more scared of us than we are of them. They understand that we have the power to change this rotten system, and we have already shown that we can face down our fears.

It might be a good idea to get your hands on a copy of BODYHAMMER, which is distributed by the ELF, and a copy of FIRST AID FOR THE BLACK BLOCK, a first aid manual put together and distributed by revolution now - the collective that created this document. Our addy is 808 14th st. Saskatoon, Saskatchewan, Canada, S7N 0P8. Please send any thoughts, suggestions, and corrections, to us and we'll update this document regularly.

TAKE DOWN INFORMATION BEFORE THE FIT HITS THE SHAN. You must anticipate, because once the action starts you will not necessarily have time to get enough down. As soon as possible after an incident or arrest (whether your own arrest or someone else's), sit down and write out everything you remember about the incident, particularly details like times, locations, movements, statements or conversations, etc.. You'd be surprised how quickly you can forget details, and the trial may not be for another year or two.

## Cameras:

There is no general right to privacy in Canada. You can take any person's picture without his or her permission. The camera is a powerful weapon. At rallies and demonstrations, etc., they are essential. Use them to:

- provide some deterrence to police brutality. The sound of shutters clicking in those tense moments sometimes can prevent the police from doing things which they might otherwise do...
- take pictures of the licence plates that you want to record...
- take pictures of the police, both plainclothes, "old clothes", and uniformed. Later witnesses may want to identify the officer who did the dirty deed...
- take pictures of those you only suspect are police. They may show up later in more interesting circumstances...
- take pictures of those who seem to be 'agent provocateurs'...
- take pictures of any "incident", including arrests. These can be useful in the press and in court...
- get shots of the general layout. This helps in court too.

Remember that cameras have a tendency to fall out of hands when they are capturing scenes that are damaging to the public image of the police. Often one finds that one obtains an excellent picture of a policeman's palm print rather than the scene one tried to photograph. However, when there are many cameras it is possible to get pictures of these "accidents" where cameras are destroyed or of the police officer posing his palm for a photograph.



formed about each person who was arrested.

- Go to trials or any other appearances of CDers; help with rides.

- Help gather information for prose defendants.

- In a mass action, be sure to let the office and/or support coordinators know when/if you have to leave town and give them all relevant info about the people you've been supporting.

If CDers are in jail, it is important for someone to be near a phone so that call from jail may be received. You will probably be the go-between for your A.G. members who are not jailed together, as well.

- Contact the office (in a mass arrest) about people in jail and where they are being held.

- Be prepared to bring medication to the jail site for who ever needs it, and follow up on whether or not it has been administered.

- Visit your group members in jail, and pass on any messages.

- Take care of plants, pets, cars, etc., for CDers.

- Write letters to the people in jail; organize a support vigil in front of the jail.

- Be there to pick CDers up when they are released from jail.

- Support other support people — working together will ease the load.

## Observation Suggestions

Be a legal lizard! Here are some ideas and items that will help you to observe what is happening during the demonstration and to be prepared to record as much information as possible:

### Paper And Pen:

Use them to write down the names of arrested persons and their phone numbers, their friend's phone numbers, their condition before they disappeared from the scene, the words spoken by police during their arrest, their words, the number of the car or wagon they are put into, etc., badge numbers and/or descriptions of police involved in the arrest.

- Write down police badge numbers (of those that are aggressive, those who make arrests or are just on the scene, since sometimes there may be testimony from police who were not in fact at the scene at all. Of course, photographs and sound recordings are also useful (see more info below).

- Record significant conversations.

- Record licence plates of vehicles (and/or squad car numbers if police vehicles) and the description and location of vehicles.

## Recommended Supplies for Protestors

### THE ESSENTIALS:

- ▶ WATER LOTS to drink and rinse off chemicals. Spray mister head or squirt head on bottle to help conserve water & minimize contamination.
- ▶ RESCUE REMEDY from any health food store
- ▶ BANDANNAS SOAKED IN VINEGAR. A much cheaper gas mask semi-substitute. Keep them in a heavy duty ziplock bag. Just remember - you get what you pay for. Spend the money and get the real thing.
- ▶ ENERGY SNACKS in an easy swallowing liquid or semi-liquid form to keep you going.
- ▶ SHATTER RESISTANT EYE PROTECTION from plastic bullets. Prescription sports & shooting glasses are best.
- ▶ SEALED GOGGLES like swimmers (available in prescription). Protection from tear gas & pepper spray. Not needed if you've got a good gas mask.
- ▶ FRESH SHIRT. Sealed in a plastic bag, to replace a chemically contaminated shirt.
- ▶ CLOTH, 4x4 GAUZE etc. to clean off chemicals.
- ▶ PRESCRIPTION EYEGLASSES with STRAPS. Contoured eyeglasses frames and goggles should fit inside gas mask, but most regular frames won't. Check out fit beforehand.
- ▶ HEAVY DUTY WELDER'S GLOVES for throwing tear gas canisters back at the pigs.
- ▶ HOCKEY/FOOTBALL GEAR. If you've ever seen plastic bullets, you'll know you want every bit of gear you can get your hands on.
- ▶ GAS MASK. Preferably with shatter resistant lens & replaceable non-asbestos filters. Beware of the pigs stealing them.
- ▶ CHEMICAL/GAS RESPIRATOR with filters for hazardous gases or paint stripper. They cover the mouth and nose only, so you will need to use swim goggles too.
- ▶ MAP of the city the demo is in, if you are travelling.

### CLOTHING:

- ▶ EXPENDABLE WATER REPELLENT CLOTHING or synthetics that won't absorb chemicals (unlike cotton), washed with castile soap (i.e. Dr.

## **INFO FOR SUPPORT PEOPLE**

-legal observers and other support people-

Support actions can take many forms, from providing legal documentation, jail support, medical support, or other support (childcare, etc). Support people are necessary for every action, whether it is civil disobedience or direct action, militant or not. The following pages will provide some ideas and suggestions to help you give more effective support to your comrades.

- ▶ Bronners). Seal these around your wrists, ankles and neck to prevent chemicals from getting to your skin!
- ▶ WINDBREAKER, light rain gear, also for changing colour if you will need to 'disappear' (de-bloc).
- ▶ NON-ABSORBENT HAIR COVER: swim or shower cap.
- ▶ HELMET, CUP, JOCK, SPORTS BRA.
- ▶ COMFORTABLE RUNNING SHOES.
- ▶ REPLACEMENT PANTS/SHIRT sealed in a bag - to both replace contaminated clothes and to help disappear.
- ▶ TREAT ALL BACKPACKS, ETC. WITH WATER REPELLENT!

### **OTHER RECOMMENDED SUPPLIES:**

- ▶ GLOVES made of disposable latex for decontaminating.
- ▶ MINERAL OIL, rubbing alcohol (i.e. Isopropyl 70% alcohol), Pepto Bismol, for pepper spray decontamination. However, these are dangerous if used incorrectly.
- ▶ PEN, PAPER, for notes, documentation, etc.
- ▶ MONEY for food, transportation, telephone, etc.
- ▶ CASTILE SOAP - i.e Dr. Bronners - wash with before demo, after chemical exposure
- ▶ 2x2 AND 4x4 BANDAGES, band-aids, skin tape, etc.
- ▶ WATER BOTTLES for eye irrigation.
- ▶ EMERGENCY PHONE NUMBERS, CONTACT INFORMATION. People doing jail support, legal support, the place your affinity group is staying, the medical team, indy media, etc.
- ▶ SHATTER RESISTANT JAR WITH LID to take air/gas samples. We've got to find out what they're using against us for civil rights & court proceedings, as well as for our medical people - they need to know so they can treat us better.

### **IF YOU DON'T KNOW IF BILLETS ARE AVAILABLE**

- ▶ TENT, GROUND SHEET and TARP. Warm winter SLEEPING BAG (if fall/winter) and a garbage bag to slip it into to keep it dry.

For Quebec 2001 there was a distinct possibility that we might have had to sleep on the Plains of Abraham, which would have been muddy, wet, and cold. We were planning to bring:

### **For a mass action:**

- Know who the support coordinators are.
- Know the phone number of the action office.
- Be sure the group fills out an affinity group check-in sheet.
- Be sure your name, phone number, where you can be reached, and how long you will be available to do support work are written on your affinity group's list.

### **During an Action:**

- Know the boundaries of arrest and non-arrest areas, if applicable.
- In a mass action, give emergency info about yourself to another support person.
- Bring paper and pen, and lots of food for yourself and people doing civil disobedience (CDers).
- Hold ID, money, keys and any other belongings for CDers.
- Keep in touch with CDers for as long as possible, noting any changes in arrest strategies, etc.
- Once arrests begin, write down each individual's name, and the time and nature of the arrest, the activity of the person arrested, the treatment of the arresting officer (get the badge number, if possible), and who is noncooperating.

- At least one support person from your affinity group should stay at the place of arrest until all members of your group are arrested, and at least one should go to where those arrested are being taken as soon as the first member of your group is arrested.

### **At the Courthouse: (if that's where CDers are taken)**

Be present during arraignments, and try to keep track of the following info for each person in your group. During a mass action, call this info into the office.

- Name of judge or magistrate.
- Name of CDer (Doe # if applicable).
- Charge
- Plea (Not Guilty, Nolo Contendere, Creative Plea, Guilty, etc.).
- If found guilty, sentence imposed.
- If not guilty:
  - Amount of bail, if applicable.
  - Whether the person pays bail or not.
  - Date, time and place of trial.
  - If there's a lawyer in the courtroom ask her/his name:
  - Any other info that seems relevant.

### **After the Action:**

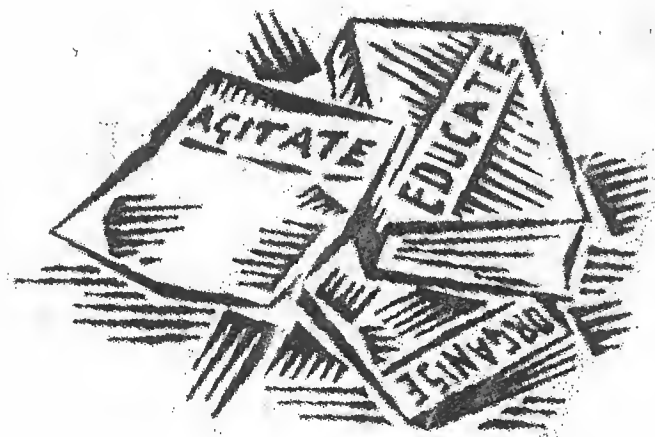
- Call whoever needs to be in-

## Dealing With Anxiety

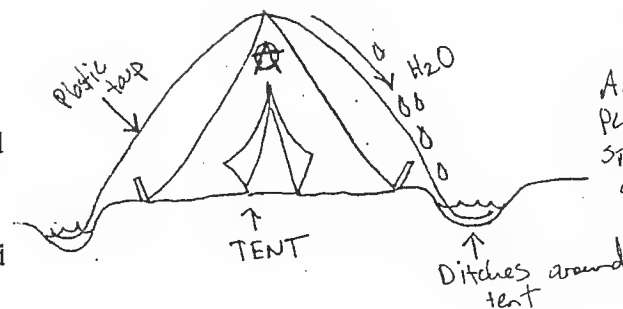
When traumatized, one thing that is very common in people is anxiety. There is much that has been written on anxiety, and it's all over the web. I just want to say here that if you are "triggered" (reminded of traumatic events and mentally brought back to it) you can de-escalate your anxiety with a few of the following things:

1. Deep breaths.
2. Get some lavender essential oils, and either put a little dab under your nose, or get an aromatherapy diffuser and diffuse some near you, or boil a pot of water and put some lavender in it and breathe the steam.
3. Get some five flower remedy (aka Rescue Remedy). This stuff is powerful and will quickly bring you back into your body and will help your anxiety.
4. Count backwards from 100, taking deep breaths the entire way down.
5. 5-4-3-2-1  
this exercise will help you get in touch with the present moment, and with your physical surroundings. Identify five things you see ("a robin with a red breast, my hands, a blue trash can..."), five things you hear ("a plane, my breath, power lines humming..."), and five things you physically feel ("my shirt on my back, the ground under my feet, cat whiskers tickling my leg..."). Then you say four, three, two, one. It is good to do this out loud alone or with another person.

Hopefully these will help you feel considerably more grounded in your body and in the present reality, where the trauma is not occurring.



- rain gear (packed in waterproof bags)
- rubber boots (packed in waterproof bags)
- 1 shovel per affinity group (to dig ditches, etc.)



DIG DITCHES  
AROUND THE TENT. SPREAD  
PLASTIC TARP OVER TENT AND  
STRETCH DOWN INTO DITCHES  
SO THAT H<sub>2</sub>O ROLLS OFF  
THE TARP INTO THE  
DITCHES.

### OTHER STUFF TO MAKE A NOTE OF:

DO NOT WEAR EARRING, PIERCINGS, NECKLACES, TIES, ETC.

They can be grabbed and/or torn out by the pigs. On that note, TIE DOWN AND TUCK LONG HAIR OUT OF THE WAY, or better still, cut it short. The pigs have been known to drag people around by the hair.

DO NOT WEAR CONTACT LENSES!!!!

Trapped chemicals may cause eye damage.

DO NOT USE THE FOLLOWING PRODUCTS ON YOUR SKIN:

Vaseline, detergent soap, skin moisturizers, make up, because the chemicals bind with them - anything acidic will cause stronger reaction. DO NOT WEAR SUNSCREEN, Vaseline, mineral oil, or any other oil or product containing 'essential oils', 'lipids', or 'fatty acids'. CHECK THE INGREDIENTS LISTED ON YOUR SHAMPOO, TOO!

MAKE SURE MEDICINES ARE CLEARLY MARKED, and keep the prescription with them at all times. Be absolutely sure you do not have any illegal drugs (even Tylenol with codeine). If you get busted and the pigs find drugs on you they'll have a chance to press real charges on you.

WRITE THE LEGAL SUPPORT NUMBER ON YOUR ARM.

## AFFINITY GROUPS

How big is an affinity group?

2 to about 14 people, the smaller the better

Who should be in it?

People you know well and can trust. The best affinity groups are established out of networks of relationships that already exist. Your affinity group should consist of people who have similar goals and tactics.

Hook up with other affinity groups!

Plan together for direct action strategies.

Roles members of your AG could have:

**First Aid Person** - Take a kit along. There is an obvious need to have this person do a skill share with the rest of the members of your AG, so you're not screwed if they get injured or caught by the pigs.

**Facilitator** - A person with good people skills who can diplomatically end conflicts in the group.

**Spokesperson** - This person should be a good public speaker and know the issues surrounding the action well.

**\*\*Cop Watch/Safe Retreat Lookout\*\*** - Make sure someone is always on the lookout for two things: SAFE RETREAT PATHS, and POLICE LINES/POLICE SNATCH SQUADS. The cops will try to fence in protesters and you will need to be looking for safe places to go and safe ways to retreat. Also, the crowd may panic and you will need to get away from trees, buildings, and crowd pressure to ensure your safety. People may get trampled, or crushed when the crowd panics... make sure it isn't your group. Also ensure you have a lookout for police vehicles, police lines forming, and police snatch squads. The pigs will send their own affinity groups into the crowds early in an action to surround and kidnap well known and more experienced activists to neutralize and destabilize the people at the protest - and thus increase the chances the protest will be ineffective. Always watch for these and do your upmost to de-arrest (y)our people. The more experienced people we have, the more effective we are - and the safer we all are.



7. Giving feedback -- sharing perceptions of the other's ideas or feelings; disclosing relevant personal information.
8. Supporting -- showing warmth and caring in one's own individual way.
9. Checking perceptions -- finding out if interpretations and perceptions are valid and accurate.
10. Being quiet -- giving the other time to think as well as to talk.



### A POEM ABOUT LISTENING:

please, just listen  
 when I ask you to listen to me and you start giving advise,  
 you have not done what I asked.  
 when I ask you to listen to me and you begin to tell my why I shouldn't feel that  
 way, you are trampling on m feelings.  
 when I ask you to listen to me any you feel you have to do something to solve my  
 problem, you have failed me, strange as it may seem.  
 listen! all I asked was that you listen,  
 not talk, or do... just hear.  
 advise is cheap: a dollar will get you both dear abby and billy graham in the same  
 newspaper.  
 and I can do that myself. I'm not helpless.  
 maybe discouraged and faltering, but not helpless.  
 when you do something for me that I can and need to do for myself, you contribute  
 to my fear and inadequacy.  
 but when you accept, as a simple fact, that I do feel, no matter how irrational, then  
 I can quit trying to convince you and get about the business of understanding  
 what's behind this irrational feeling.  
 and, when that's clear, the answers are obvious and I don't need advise. Irrational  
 feelings make sense when we understand what's behind them.  
 please listen and just hear me, and if you want to talk wait a minute for your turn,  
 and I'll listen to you.  
 -Ray Houghton, m.d.



## WHAT IS PEER COUNSELLING?

Peer counselling is a method where 2 or more people exchange roles of listening and sharing to work through feelings and emotions that surround a particular incident. There is a skill to peer counselling, but it's non-professional - very grassroots. Anyone can learn it, anyone can do it.

In the peer counselling groups I've been involved with, we've set aside time for counselling. In groups of 2, each person would take turns and be both the listener and the sharer. This way any issues that arise with either person can have the space to be worked out.

## HOW TO DO IT:

There are many ways to do peer counselling. The most common way I've seen it done is this:

In a group of 2, one person begins as the listener while the other person shares. A specific amount of time is set aside (ie. 6 minutes). In that 6 minutes, 3 minutes will be for one person to listen, and when the time is up, switch roles then the sharer can listen for 3 minutes while the person listening can share.

## ACTIVE LISTENING:

Four characteristics of empathetic listeners:

- 1 Desire to be other-directed, rather than to project one's own feelings and ideas onto the other.
- 2 Desire to be non-defensive, rather than to protect the self. When the self is being protected, it is difficult to focus on another person.
- 3 Desire to imagine the roles, perspectives, or experiences of the other, rather than assuming they are the same as your own.
- 4 Desire to listen as a receiver, not as a critic, and desire to understand the other person rather than to achieve either agreement from or change in that person.

## Ten skills for empathetic listening

1. Attending, acknowledging -- providing verbal or non-verbal awareness of the other, ie. Eye contact.
2. Restating, paraphrasing -- responding to person's basic verbal message. Telling them that you hear them, either explicitly or not.
3. Reflecting -- reflecting feelings, experiences, or content that has been heard or perceive through clues.
4. Interpreting -- offering a tentative interpretation about the other's feelings, desires, or meanings.
5. Summarizing, synthesizing -- bringing together in some way feelings and experiences; providing a focus.
6. Probing -- questioning in a supportive way that requests more information or attempts to clear up confusion WITHOUT JUDGING

All group members should keep an eye on each other and watch for signs of dehydration, fatigue, heat exhaustion, sunstroke, and hypothermia. Communication should always be open and free-flowing. Check how everyone in your group is dealing with the current situation, and check if anyone is pushing their comfort zone.

If anyone is arrested, make sure someone gets to the legal centre and gets a copy of any and all important documents to them (ie. Info on special medication, contact numbers back home, badge numbers of pigs, etc.)

Have an affinity group identifying call - a word or a noise which each member can make if you get split up and need to get back together.

You should have a meeting place outside the protest zone where you can meet at certain points of the day if you get split up.

Keep in close contact with your group members. Physical contact is good (ie. Holding hands when passing through bigger crowds so as to not get split up). Keep close enough so you can de-arrest a member of your group if need be. Practise this skill with another affinity group if you've got friends in your neighbourhood.

Be responsible for ONE other person in your group, it is a good idea for this person to be the same gender (what the cops will determine to be the same gender) as you, so you can make an agreement to get arrested together and support each other on the inside, if need be.

**CLOSE YOUR AFFINITY GROUP!** It is a good idea to have closed affinity groups (ie. Have an agreement in place that you will not let someone else join you)



so that you cannot be infiltrated by police provocateurs who may try to cause trouble or attempt to break down group morale and consensus. The pigs may try to infiltrate to get information or strategically arrest members of your group, too.

DURING the action, do not react too hastily to actions of others - provocateurs may be trying to get a group to act and break the law and then the cops may arrest you. Be careful, **but supportive**, a good policy is to never condemn or condone someone else's action. If someone's action is making you uncomfortable, talk to them (DON'T YELL), ask them to stop. If they persist, move your group on.

## PRACTISING QUICK CONSENSUS

Each group should have spoken about comfort levels before the protest, but the may change so keep talking DURING the day.

Never participate in an action that everyone in the group is not comfortable with. If you cannot all agree, then don't participate. If this is a dividing issue, at last resort, break down into smaller affinity groups (make sure that everyone has the necessary supplies. NEVER LEAVE ANYONE BY THEMSELVES, ALWAYS HAVE GROUPS OF AT LEAST TWO. Don't harbor any bitterness towards someone who can't do what you want to do - let go of these feelings - try to understand that everyone has different boundaries.

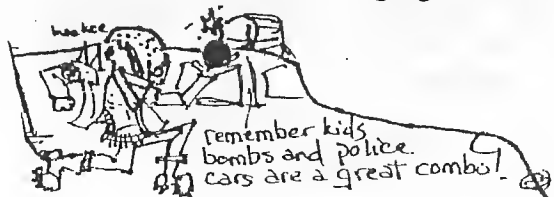
Discuss plans for possible scenarios. For example:

- ▶ The police have read the riot act and are preparing to arrest protesters.
- ▶ The police are charging the crowd with batons and shields.
- ▶ Six protesters surround one protestor and push him/her towards the edge of the march/demo. A car or van is nearing them.
- ▶ Someone starts smashing windows in a storefront.
- ▶ You see the police beating someone or dragging a friend away.

## NEVER RUN WHEN THE POLICE USE ANTI-CROWD DEVICES!

This can cause panic and more people can get hurt. YOUR IMMEDIATE INSTINCTS WILL BE TO RUN, BUT TRY TO FIGHT THOSE INSTINCTS.

Turn and face the running crowd and yell "**SLOW DOWN!!!** **WALK!**" In as many languages as you know. When a person panics, sometimes it's easier to get through to them in their first language.



## POST-TRAUMATIC STRESS DISORDER A PRIMER FOR ACTIVISTS

### 10 WAYS TO RECOGNIZE POST-TRAUMATIC STRESS DISORDER

It is normal to get mindfucked when being at a demo. The pigs can be intimidating, and experiencing great amounts of physical damage happening to your comrades - or yourself - can leave a person shaken. Don't fight this, it's incredibly common. Everyone has healing to do, and it's up to you to help your affinity group heal - both physically and mentally. And that includes helping yourself heal. Learn to recognize PTSD and learn techniques to recover.

- 1) Re-experiencing the event through vivid memories or flash-backs.
- 2) Feeling "emotionally numb."
- 3) Feeling overwhelmed by what would normally be considered everyday situations, and diminished interest in performing normal tasks or pursuing usual interests.
- 4) Crying uncontrollably.
- 5) Isolating oneself from family and friends and avoiding social situations.
- 6) Relying increasingly on alcohol or drugs to get through the day.
- 7) Feeling extremely moody, irritable, angry, suspicious or frightened.
- 8) Having difficulty falling or staying asleep, sleeping too much, and experiencing nightmares.
- 9) Feeling guilty about surviving the event or being unable to solve the problem, change the event, or prevent a comrade's injury.
- 10) Feeling fears and a sense of doom about the future.

### Peer Counselling and Active Listening Information

Basil prepared these notes for people post Quebec. Thanks for this information, Basil, it has helped a lot of people.

I can't emphasize in words how important it is to be taking care of our mental and emotional health while taking care of our physical wounds. Things like the trauma bonding, PTSD, anxiety attacks, depression, disassociation, etc. will severely limit our ability to connect with hoe and sustain our passions in life and organizing. Despair is a common feeling among activists who have been beaten or gassed by cops, or overwhelmed by the amount of pain, suffering, and oppression in the world. I think that it is necessary to use whatever skills we have to work through our despair - to find healing - and to live life fully. The best (and only) way to stave off PTSD is to talk to your friends and affinity group members. Don't be too proud to ask for help.



## Emotional Aftercare

Some people hold stress in their bodies following demos. This can show up as disturbed sleep, nightmares, anxiety, fear or depression. It can also trigger underlying stress from past events.

A good formula for supporting the nerves and relieving stress is equal parts:

- ▶ Skullcap (*Scutellaria lateriflora*)
- ▶ Lavender (*Lavandula* spp.)
- ▶ Oatstraw (*Avena sativa*)

The dosage during times of acute stress attacks is 4 dropperfuls of tincture (an alcohol extraction) taken with a small amount of water. You can wait 15 minutes to a half hour and take half of the original dose again if needed. As a tonic during times of stress to help keep you calm you can take 1-2 droppers 1-2 times a day, or drink 1-2 cups of the tea (about 1-2 tablespoons per cup).

It is common to experience nightmares and/or disturbed sleep 'after a demo.' If this is the case for you the above tonic blend may be helpful, or try tincture of Hops (*Humulus lupulus*) to help ensure a deeper sleep and to help stave off nightmares. Dosage is 1-3 dropperfuls at bedtime. The tea works but drinking a cup of tea before you go to bed is a good way to ensure a full bladder at some point in the night.

Other things you may want to try for stress, grief, anxiety or frayed nerves following a demo include: Rescue Remedy (a flower essence), yoga, meditation, exercise, and talking to friends about your experiences/thoughts at the demo. The flowers of Borage (*Borago officinalis*) can be taken as a tincture (one dropperful as needed) or tea to help get your emotional strength back. Lavender essential oil is especially helpful for panic attacks or grief. Keep a bottle handy to smell throughout the day.



## ARRESTS

It is up to you whether to carry identification or not - check on legal implications of not carrying ID. If you are not carrying ID, and you cannot be charged for not carrying it, then you have an advantage over the police (they can't process you). Check to see if there are plans for everyone present to not carry ID in an attempt to clog up the jail systems. Not carrying ID can be very beneficial if jail solidarity tactics are being used at the demo.

Make sure that you know if one of the people in your group is arrested. If you see someone else being arrested, and cannot de-arrest them, try to find out what affinity group they belong to so you can inform them.

Make sure that you have the legal aid phone number written on you somewhere. They should provide you with a number at the convergence centre, if the centre gets shut down, ask around and see if you can find anything out.

## JAIL SOLIDARITY

The act of not revealing your name and taking as long as possible in the jail and court system to clog it up and give you bargaining power as a group (there is strength in numbers) is called JAIL SOLIDARITY. Make sure that you know in advance whether this is a strategy that will be used at this particular protest. If you can, attend a jail solidarity workshop if one is being offered, and learn the specific tactics which will be used at the protest so you are well informed and do not put yourself and others at risk. Remember that while being detained, the pigs can do damn near anything they want to you. Civil rights will be ignored. All you will have is solidarity and organization.

**\*\*The rest of this section is for smaller acts of Civil Disobedience, not Direct Action\*\***

Make life difficult for the cops, do not resist arrest if you can help it but make the police do as much work as possible. You can go limp when the police are trying to drag you off, thus making it necessary for two or more officers to move you. This can be hard on the body (as they will use pressure points and other forms of torture - ie. hair pulling - as revenge for having to exert more effort to arrest you), so watch that they don't bang you into inanimate objects in the process (which they will try to do).

Never touch an officer (unless you want trouble), it will likely get you severely beaten or pepper sprayed and might get you killed. Even if a cop is charging you, don't put your hands on him/her. This can result in a charge of assaulting an officer, which can result in serious implications like extended jail time.

# MEDICAL PROTOCOL FOR TREATMENT OF TEAR GAS AND PEPPER SPRAY

-written for *resist the global oil industry* OPEC meeting in Calgary, Alberta, Canada affinity group use. If you are planning to be with the black bloc, you won't be calling for experienced help. Get the Black Bloc First Aid Manual from Revolution Now Press and Distro.

## GENERAL TREATMENT FOR TEAR GAS AND PEPPER SPRAY

### DURING THE ACTION:

- ▶ STAY CALM AND FOCUSED. You are strong. The discomfort is only temporary, and will not damage you. When your body heats up, your pores open. Keep running, panicking, etc. to a minimum.
- ▶ Make your way to a safe space with fresh air where unexposed people can help you, or at least ensure our safety while you treat yourself.
- ▶ Face the wind, open your eyes, hold your arms out and walk around to let fresh air decontaminate you. Take slow/deep breaths of clean air.
- ▶ Do not touch your arms and face as this will recontaminate you.
- ▶ Blow your nose and spit out chemicals - with tear gas this might often be enough treatment.
- ▶ Before helping anyone, ask them for permission first! Then explain to them what you are going to do before you do it. There's lots of undercover police jump squads at protests and you don't want to scare the shit out of someone. Remember to wear clean gloves and eye protection or you will end up needing treatment yourself. It is best if cleaning solutions and water spill directly onto the ground so as to not contaminate clean skin, clothes or hair.

### AFTER THE ACTION:

- ▶ Decontaminate with a COLD SHOWER (as cold as you can tolerate). This keeps your pores closed, thereby preventing the chemical from entering your skin. DO NOT take a bath.
- ▶ Get yourself some clean clothes.
- ▶ Be aware that entering a room with contaminated clothes, hair, and skin will contaminate the room. Therefore have some rooms where you are staying designated as "contaminated" (for when you first get back to camp, strip down and head to the shower), "Decontamination" (for all you

least anymore if they ever did. Marches refrain mobility and allow for easy 'sheparding' on the police's part, are difficult to pull-off w/out previous declaration [i.e. police knowledge]. Their sole value seems to be a show of numbers, which can be ineffectual in impressing the general public w/ the quality of media coverage. CENTRALIZING protest and direct action undermines our tactical strengths and plays into the enemies' hands. Swift, fairly small, and daring groups are required for effective action, not cumbersome herds.

## SOME COMMENTS ON RECRUITMENT

We're actually getting people from all kinds of backgrounds, at least in my experience of travelling around the country and talking to anarchists and radicals. Yes, there are many new young activists, which reflects the social consciousness of the age group, but there are also plenty of older people who have become involved. It's very encouraging if you really look at it.

Appealing to more "mainstream" working people is a good goal, but that is a tough one.

There is a way to reach these people and that is to become involved in struggles that concern them. Instead of the usual fruitless discussions about lifestylism in our ranks (which is irrelevant) we should all be out there helping working people either solve their problems, or helping them cause trouble.

First, the unassuming AWIP crowd shouldn't have been at the very front of the march to begin with, but to the back. Indeed, it was "their" march, but S29 [I was there, too] gave clear evidence that the police would go to a considerable extent to create violence if the protestors weren't bringing it, a warning that AWIP should have heeded, especially before a more hardcore police corps. I make an exception for 'militant' pacifists willing to take blows and not become an obstacles to comrades [unlike one winner last Saturday who curled into the fetal position and tripped a shield-bearer in front of him, who was arrested thereafter] they could very well serve some purpose in the front. However, no such pacifists were present Saturday, and those who fled denied the Black Bloc'ers of the narrow time slot in which they could have acted to protect others.

Second, there was no cohesive Black Bloc during the march, due to the consistent intrusion of 'green-marchers' into their ranks. This fragmented and thinned the Black Bloc presence, in addition to spreading timid and unreliable folks amongst them. I'm all for the Bloc attending demonstrations alongside the mainstreamers, but some separation is warranted in order to assure Bloc mobility, coherence, and mutual support.

Third, our communications [Bloc and whatnot] SUCKED. Lone messengers weaving through overly-dense crowds to spread the word don't cut it. We must develop well-organized communications [cell phone, etc.] if we're to be the least bit successful in April.

Last, and I cannot emphasize this more, THE BLOC MUST MOVE BEYOND MARCHES. They don't work, at

decontaminating needs), and "clean". This will allow your group some safe havens in all the madness - and it will also prevent absent minded people from recontaminating your hole group.

- ▶ A contaminated room may reek for weeks... So if it is at all possible you should change out of contaminated clothes before entering enclosed areas such as convergence sites and treatment areas.
- ▶ Place contaminated clothes in a plastic bag, squeeze out any excess air, and seal it tightly so the gasses will diffuse out more slowly.

#### SAFE SPACE

Do treatments in a safe space - away from the danger of rioting police, or marching people. A safe space can also be at the front lines, surrounded in the arms of your comrades. Always have a buddy to help you - at least looking out for approaching danger. Safe spaces change, so keep that in mind if events are dynamic.

#### GENERAL TREATMENT OF

**EYES:** Don't rub your eyes. Touching eyes with contaminated fingers adds to adverse effects! Expect that eyes will tear, eyelids will blink or close and you will not see well. Help others with impaired vision. Flush eyes with water. Best method: Kneeling facing sideways and forward (so contaminated water drips on ground and not onto your shirt or hair). Ask the person if you can hold their eyelids open (with clean fingers or gloves). Gently squirt or spray water on eye in the direction from nose to ear, to wash out the chemicals. Place gauze or cotton balls soaked in water or LAW (liquid antacid water) over closed eyelids. This brings soothing relief, even if the patient is unable to flush eyes

**CONTACT LENSES:** Contact lenses trap chemicals from tear gas and pepper spray. It is certainly more irritating, and can lead to corneal damage. If you wear contact lenses, don't take them to the protest. If you get gassed or sprayed wearing contact lenses, remove them when you have clean hands and can see where your contacts are (You might need them to get away). Take contacts out ASAP (within 5 minutes). Once you are tearing and your lids are blinking or spasming shut from the chemicals, it will be difficult to remove them. Exception: if you are about to be arrested or handcuffed - that's the time you try to take them out. Try to take out contacts as soon as you successfully can.

If your hands are going to be chained up in tubes or immobilized for your civil defence/direct action, DO NOT wear the fucking lenses!

LIPS: Wash them out with water, and/or LAW. Lean forward so the chemicals fall directly on the ground.

MOUTH: Rinse and spit with water.

### METHODS OF GETTING TEAR GAS AND PEPPER SPRAY OFF SKIN

#### **MINERAL OIL FOLLOWED BY ALCOHOL (MOFIBA)**

NOTE- This is dangerous if not done precisely, as it can burn skin. North American medics feel strongly that only first aiders trained to do MOFIBA treatments should do so - otherwise it can do more harm than simply doing nothing. That said, this information is freely distributed at all convergences, and if these guidelines are followed closely, you should have no problems.

Ingredients: gauze pads soaked in oil, and gauze pads soaked in alcohol.

Treatment:

1. Be decontaminated yourself!
2. Have alcohol soaked pads ready before you begin.
3. Divide the face into quarters, and do one treatment per section before preceding to the next.
4. Wipe mineral oil on skin. IMMEDIATELY follow with rubbing alcohol. Mineral oil will trap chemicals, but not neutralize it, so it will take it ALL off! The motion used to remove the mineral oil is downward strokes, turning the gauze pad over with each wipe. Throw the gauze pad away after you have used both sides of it. Continue until all the mineral oil is off. DO NOT scrub back and forth with the alcohol. The object is to wipe off the mineral oil which has trapped the pepper spray without spreading it around. If you move the oily chemical around the skin, you increase the area of painful skin. Repeat the alcohol wiping until the mineral oil is completely off the skin. There must be NO pause between the application of the mineral oil and the application of the alcohol. The mineral oil

### **SOME COMMENTS ON TACTICS POST WEF 2002.** (posted on infoshop)

I was one of a couple dozen people arrested when the cops charged the start of AWIP's "permitted" march, after not letting us march for over an hour after the time set to begin.

There was a major tactical problem at this point, as most people in front of me scattered and ran, sometimes falling or knocking other people over. I will grant that many people doing this probably weren't "militants" and may not have anticipated a police attack. Nonetheless, this sort of behavior is a problem, as it allows cops to gain ground rapidly, it allows them to divide us, and it allows snatch squads to easily target and grab people.

In future, we have to take seriously the option of a more disciplined, tactical withdrawal. Backing up at an orderly pace in a tight group can be more secure than this sort of panicky, devil-take-the-hindmost flight.

Incidentally, a good withdrawal would have also prevented cops from penning in so many people at the World Bank on September 29th. It is not necessary that the people in front of a march walk all the way around to the rear in order for a march to reverse its direction.

Know when to back up, when to turn around, when to run, and when not to.

## COUNTER ADVANCING

This involves moving your lines forward into theirs, thus gaining more space and opening up more exits. Use the front line as a solid wall, linking arms and moving slowly forward. Use the long banner like a snowplow (this stops them grabbing you or breaking the line, they can still hit you with truncheons though)

## SNOW PLOWS

A line of crowd control barriers can also be carried by the front line like a snowplow to break into the police ranks. The point of the 'plow' can then be opened once their line is breached and the barriers pushed to the side to contain the cops. This all needs a lot of co-ordination and balls, the advantage gained will not last long, so push all your ranks forward through the gap straight away.

## USING YOUR BODY

Your body is your best and most adaptable tool. It is best used in concert with others. For instance it could take a long time for twenty to scale a wall, but stand two people against the wall, bowled together with their arms locked with two more crouched at their feet and you've got a seat of human steps! (Those waiting to climb can link arms around the steps to protect them) Always look for ways to use your body to escape.

## REFORMING

Keep looking for ways of increasing your numbers, by joining up with other groups and absorbing stragglers. Everyone has to get out and you'll stand a better chance of getting out unharmed, with all your belongings and equipment if you leave together at the same time.

## SNATCH SQUADS

When the police want to isolate and arrest an individual in a crowd they will usually employ a snatch squad.

Watch for groups of 10 or so fully dressed up cops, rallying behind the police lines. They will be instructed by avoidance gatherers and a superior (you can often spot them pointing out the person to be snatched). The lines will open temporarily to let the squad through. Half the officers will perform the snatch, the other half will surround them with batons, hitting anyone who gets in the way. Once they have their target he/she is bundled away, back behind police lines.

Try and beat the snatch squad by:

- 1) Keeping the crowd moving around
- 2) Spot the squad preparing
- 3) If possible warn the target to get th

4) Linking arms in an impenetrable wall in the squad's path.      hell out of there

5) Surround the squad once they are in the crowd and intimidate them so much that they panic and give up

6) If you are being grabbed or pressure pointed, keep your head and arms moving. Don't lash out if you can help it, or you will end up with an assault charge too.

## DE-ARRESTING

The best time to do this is as soon as the snatch has happened. You need a group who know how to break grips and some people to act as blockers. Once you've got your person back all link arms and move off into the crowd. The police may try and snatch

binds with the pepper spray and must be removed quickly to avoid burning. Do not drip mineral oil or alcohol into the person's eyes! DO not apply mineral oil or alcohol around the eye area!

5. Pepper spray that has soaked into the skin most likely has caused a first-degree burn. Treatment for pepper spray that has soaked into the skin includes wiping a thin layer of whole milk [vegans try lavender or aloe oils] on the affected body part. Leave it on until the person says it is no longer working. (The stinging is returning.) Rinse off the milk. Pat dry. Cool running water for at least 15 minutes and reapplication of the milk treatment is the only effective treatment for the burn itself. Continue alternating treatments of milk and water until the person no longer complains of any symptoms.

## LIQUID ANTACID WATER - LAW

NOTE - this is easy and safe. This is a soothing tonic against pepper spray burns to mouth, mucus membranes and skin. This method is best used after initial pepper spray is removed with MOFIBA and eye flush.

Ingredients: Liquid antacid (Maalox, or generic equivalent with main and active ingredients of 200mg magnesium and 225mg aluminum hydroxides per serving) Unflavoured is better. And water.

Solution: Equal parts liquid antacid and water.

Treatment:

EYES: Drip a few drops of LAW into each open eye.

CAUTION - After applying to eyes, vision will be cloudy for up to several minutes depending on how well tear ducts are working. The patient may not be able to safely move quickly.

MOUTH: Swish LAW in mouth and spit.

SKIN: Wipe on skin. It will leave a white cake-like layer.



## BREATHING PROBLEMS (BEYOND COUGHING)

### AFTER BEING EXPOSED TO TEAR GAS OR PEPPER SPRAY

Is breathing difficult? This could be from chest tightness, or swelling from the throat or mouth. If so, call for experienced help. Call out loud, "I've got someone who is having trouble breathing and needs trained assistance." Encourage slow deep breaths. If someone is saying they can't breathe and are talking, ask them if they have asthma or other respiratory problems. If they can speak, worry less, if they can't speak - this may be a respiratory emergency. If the person is an asthmatic, ask them if they have an inhaler. If they do, help them to use it, (put it in their hand). If they don't have an inhaler, get assistance. Have the person sit, kneel, or lie down if you are in a safe enough place. Help them find a comfortable position to breathe.

- ▶ IF PAIN IS AT THE TOP OF THE THROAT - gargle and spit water - but ONLY if the person is able to do so safely without choking. Do not swallow, the chemicals are bad for your gastrointestinal tract, can cause severe symptoms for days, and aren't very nutritious.
- ▶ WITH BREATHING PROBLEMS AT THE BACK OF THE THROAT - gargle and swallowing (which may wash down some chemicals that gargling can't reach) is OK ONLY if the person can safely swallow. Diarrhea is better than poor breathing (this will let you finish what you're doing and get home fast, rather than getting picked up by the pigs).
- ▶ IF PAIN IS FROM THE CHEST OR BEHIND BRESTBONE - don't bother with water.

All people who have breathing problems after being exposed to gas or pepper spray need to get a proper medical check up, not return to action and be observant for re-occurring breathing problems for the next 12-24 hours. Stay with the patient until they recover completely.

### PREVENTION OF TEAR GAS & PEPPER SPRAY EFFECTS

Protection via hygiene:

Avoid contacting any detergents before hand Detergents provide a link between the oily base of the chemical weapon and your skin, allowing the chemicals to dissolve. Wash the clothes you wear several times in soap that is detergent free. Avoid newly purchased clothes, which generally have a substantial detergent residue.

REFUSE TO  
MERELY DREAM OF  
LIBERATION

5) Crowds throwing missiles will be 'put to flight', as its harder to throw stuff if you are running)

6) shift changes. (often look like the arrival of reinforcements. It is important to try and spot the difference for reasons of morale, and that they are vulnerable during shift changes)

Most of the above require the individual officers to be in tight lines, so its important to stop those lines forming. Unfortunately we are quite bad at this. The first line drawn is the most crucial and most people don't see it coming. The police will try and form lines right in amongst you if they can, thus weakening your position at the same time as strengthening theirs.

### LINE DANCING or STOPPING LINES FORMING

If the crowd seems volatile, the police will hold right back and the first line drawn will be some distance away. But if you are all hanging around looking confused and passive they will sneak right in amongst you and the first lines will be dividing lines. This is how it works:

They first divide the crowd up into 'ectors' and 'viewers'. Small groups of officers will move into the crowd and start politely encouraging the timid ones onto the pavement. Once the crowd starts moving the way they want, those little groups of cops will get bigger and start joining up. Before you know it, there's two crowds on two pavements with two lines of cops penning them in at the head cracking commence. Or...

Don't stand and watch them

Don't look like you'll let them anywhere near you

spot gaps in the crowd and fill them

Work out which space they want to take and get there with you mates first

Get long tarp banners to the front to stop them advancing and filming

Protect your escape routes by standing in them

Get those who have turned into spectators off the pavements, back in the crowd and moving around

Of course, now having resisted being split up and penned in, they may just let fly with the baton charge. Fair enough, but you're in a stronger position to deal with it and escape. Whatever happens next, don't just stand there waiting for it. If you've managed to get their line drawn far away, you've bought valuable time and space - so use it! Even if their line is right up against you, they still haven't broken down your numbers. However, its only a matter of time before the police try and get closer/break you up again. Use the time to get out of there slowly and in one block, this is the last thing they want - a large mob moving around freely. Whatever you do, don't stand there waiting for them to try again. You are now in control to go and do whatever you want, so do it.

If they have blocked your only exit, try...



respect for life just because the police have. If you want to throw do it defensively, strategically and on mass - a constant hail of debris creates 'sterile areas' into which the police won't want to go, thus keeping them at arms length.

REMEMBER: don't throw to attack or cause injury. Only throw from the front, then disappear into the crowd. Only wankers throw from the back.

7) Barricades can be more hassle than they are worth. A solid impassable barricade can reduce your own options when you need to run. Bear in mind that anything you build now you are likely to get dragged over later, leave out the barbed wire. The best barricades are random matter strewn all over the place - horses can't easily charge over them, police find it hard to hold a line in amongst them, but individuals can easily pick their way through. If you know police are advancing from only 1 direction & you have clear escape routes behind, barricading can be sensible. The tactics the cops developed during the 1980's riots was to drive vans into crowds with TSG in the back, jump out and arrest everyone they caught. Barricades is an effective way of stopping this.

8) The best form of defense of all is CHAOS! A complicated hierarchy needs orders to act on and those orders come from individuals making informed decisions. If the situation changes constantly they simply cannot keep up. Keep moving all the time, weave in and out of the crowd. Change your appearance. Open up new directions and possibilities, be unpredictable. If you find yourself stood still and passive for more than a minute then you've stopped acting defensively.

#### BASIC POLICE CHOREOGRAPHY

With any crowd the police will be looking to break it up as soon as possible. Crowd dispersal is achieved with baton charges, horse charges and sometimes CS gas and vehicles. Some particularly nasty or out of control units may pile straight into the crowd, but there is usually a gap between the time they arrive and the start of dispersal. This stalling time is often just dithering by the commanding officer, or psyching / tooling up time for the troops (the latter is easy to spot). This aside, there are only 3 more reasons why they aren't wading straight in, see if you can spot them next time you're waiting for 'kick-off':

- 1) They haven't worked out where they are going to disperse you to.
- 2) They want to gather more evidence/flush out more ring leaders. This involves keeping you right where they can see you and provoking you like hell. They will film you and photograph you and send out snatch squads to pick off individuals
- 3) They are waiting for back up because you outnumber them or are in danger of gaining the upper hand.

#### THE DANCE STEPS

Ok, so they've stopped fucking around and now it's time to send you home, with a great story to tell your friends (let's face it, they won't see the truth on the news). The bulk of the action is shocking in its predictability. The following will be repeated over and over, in different combinations, until they win or get bored:

- 1) officers in lines will pen you in (preferably on the pavement)
- 2) officers in lines will push into a crowd to divide it in half
- 3) Batons/horses/CS spray attack penned in crowds to lower morale.
- 4) Charges that slowly push you down a street (rush of cops > fall back > strengthen line > repeat)

Wash and rinse your scalp and dreads thoroughly. Washing your body thoroughly with unscented Castile soap, or a vegetable oil soap such as olive oil soap, is essential on the day of the action to rid your skin of oils and dead skin cells, which helps the chemicals stick to your skin.

Protection via gear:

Cover up as much as possible. Wearing a layer of clothing cinched at the wrists, ankles, and neck can prevent the irritant from getting to much of your skin.

Fuzzy garments trap tear gas, so wear fleece and sweaters under a protective layer. Garments made of synthetic petroleum-based fabrics (fleece) can act like a wick soaking up chemicals, slowly releasing them days later.

For the external layer of protective clothing, synthetic water-repellent or non-absorbing materials are better than cotton or wool which will soak up chemicals. Rain gear, hair cover and gloves are good.

Afterwards, you will want to wash your demo clothes, this time with nasty, harsh, non-organic detergent to dissolve the chemicals. If they still smell of chemicals after ten or twenty times through the machine, throw them away.

Gas masks provide the best facial protection, if properly fitted and sealed: Make sure it is not an old one with asbestos filters. Shatter resistant lenses are best. **DON'T EVEN DREAM OF PICKING ONE UP AT THE SUMMIT/DEMO SITE...** the army surplus stores there will be sold out in hours and you'll be screwed. The M17A1 model is recommended. Most eyeglass frames will not fit inside gas masks, but contoured frames or prescription swim goggles should.

Alternatives to gas masks: Sealed (swim) goggles & respirator with filters designed for paint stripper or hazardous gases that cover nose and mouth. A vinegar or lemon juice - wet cloth over the nose and mouth helps, is cheap, and will be available if the police steal your gas mask. Keep a particle mask under the soaked bandana for extra protection. You can also get the heavy duty particle masks which may provide better protection.

If you know chemicals are coming, put on protective gear, remove your contacts, and/or try to get away.

## PLASTIC BULLETS

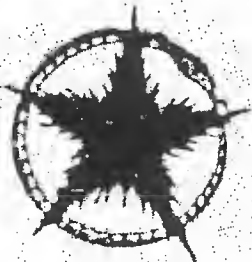
If police are shooting plastic bullets, wear shatter resistant eye protection. Protect your throat with your hand, and if possible, turn away from the direction of fire. While plastic bullets fired from CO2 charges (as used in Seattle) should not penetrate skin, they do bruise and can blind. Plastic bullets can break ribs, have killed people when impacting on/in their head (skull fractures, etc.), and can obliterate a person's voice box.

### *how tear gas and pepper spray are deployed:*

Pepper spray is applied to crowds via pray or pump bottles, or may be directly applied (sometimes using q-tips) to they eyes and other sensitive areas of lockdown activists. It can come in small, hand-held dispensers (like mace), or from large tanks.

Tear gas (CN, CS) are solids at room temperature, and must be heated or sprayed to reach large numbers of people. The gas comes out like a grey smoke bomb, and blows with the wind. Tear gas is emitted from canisters which are fired into the crowds. The canisters become extremely hot. Some have a detonator that explodes to release the gas - **SO DON'T PICK UP ANY CANISTERS THAT HAVEN'T STARTED EMITTING THE GAS YET - YOU COULD LOSE YOUR HAND.**

Pick up canisters that are still smoking with **HEAVY DUTY** gloves only. Better to just knick them away if you must. Be extremely careful that you don't kick them into a group of your allies. Other ways to neutralize them is to dump snow or a bucket over them. One person in Quebec had a hockey stick. And be aware that the time it takes you to throw it will allow you to be heavily exposed. In Quebec they were firing tear gas canisters into the crowd and firing rubber bullets at anyone who dared throw them back.



The best authorities suggest a solution of campden tablets (used to clean home brewing equipment), some say use lots of water, but its effectiveness is unclear. *Whatever you do don't rub it in or take a hot shower. If in doubt get clear and let the wind blow it away from your skin. This will take 20 minutes.*

#### 4) Baton charges.

If you want to take a banner, use a long strip of plastic haulage tarps rather than a sheet. This can be used as a movable barrier to stop charging police or for you to advance behind. Wrep the ends in on themselves so the police can't easily grab it. Hide behind and hold on tight.

## DEFENDING

If you aren't doing anything else you should always be defending.

Whether that means securing a building, strengthening your position on the street, barricading (see later) or protecting others. Here are some ideas:

1) **Keep looking outwards.** For example, if someone is being given first aid, stand and face away from them.

2) **Form cordons as much as possible.** Anything the police want, including buildings and especially soundsystems need a strong outwardly facing cordon. Things may be quiet and you'll feel like a prick linking arms or holding hands with complete strangers; but do it. Repeat this mantra 'its not a hippy peacenik thang. Its rock hard revolutionary theng.' Take a leaf out of the police manual: stand like you're about to do 'the conge' and stick your right hand down the beck of the trousers of the person in front, repeat along the line, asking permission first. Its virtually unbreakable.

3) **Get into the habit of dancing with your beck towards the soundsystem**

4) **Someone needs to watch the police from a good vantage point,** so that their next move can be pre-empted. On top of the sounds van is not a good place; no one can hear when you shout 'here come the dog handlers! Fucking run!' and any gestures you do will be interpreted as dancing...

5) **Sitting down is good for dissuading the police from charging,** but you should only do it in large numbers and the crowd needs to feel confident. We advise you to sit down as soon as the shout goes up, hesitating is not good, you can assess the situation once you're down there. Hopefully others will do the same. If it still looks viable 5 seconds later, link arms with your neighbours. There are times when sitting down is not really recommended - horses are maybe too unpredictable but the authors have never seen horses charge into a seated crowd, the way they do into a standing crowd. It's a good way to avoid the crowd getting split up. Some particularly violent gangs of police just aren't worth it either. Only experience will teach you when to sit down.

6) **Throwing stuff as a defensive tactic.** It is not wise to throw stuff at the police at the best of times, it only winds them up so they hit you harder. We shouldn't stop having

## THE AIMS OF THE PROTESTERS

No one really 'wins' at the end of the day, but that doesn't matter. What matters is that you are unhurt, still free and the some egg is still stuck to the face of your original target, after the police have been and gone.

With all that in mind, we suggest you stick to these 3 basic aims when you find yourself in a riot:

- 1) Getting you and your mates away safely, rather than fighting
- 2) finding a place to cause embarrassment and economic damage to your real target, rather than fighting
- 3) Helping others in trouble by administering first aid and de-arresting, rather than fighting.

## STICKING TOGETHER

Always try to form an affinity group before setting out and at the very least have a buddy system in place whereby everybody has one person to look out for them and to act with when a situation arises.

Affinity groups are just a handful of people who work together as a unit, as and when circumstances arise. They can meet beforehand to discuss issues and possible reactions, practice or role play scenarios. The more your group meets, the quicker your reaction times will get and your effectiveness will improve. Affinity groups can often act without the need for internal discussion, they naturally develop their own shorthand communications and can divide up skills and equipment amongst each other. Water, D-locks, paint, first-aid, food, banners and spare clothes is a lot for one person to carry, but divided up between 5 people it's nothing.

Do pay attention to what you are going to wear in advance. Although no one wants to go to a street party or a demo dressed in full body armour, consider precautions that are discrete, adaptable, easy to apply and discard. Thinking about these threats in advance will help:

### 1) Surveillance.

Masking makes it difficult to identify individuals in a crowd and if everyone masks up no one will stand out. The cut off sleeve of a long sleeved t-shirt makes a good mask. Wear it casually around your neck. If you wear glasses use a cut off section of a short stocking (hold-ups work best as they have thick elastic) instead of a t-shirt, this prevents glasses steaming up. You can use it as a hair tie, if you're a hippy type, until you need it.

A hooded top will cover most of your face and a baseball cap on its own provides good protection from most static cameras, which are usually mounted high up. Sunglasses give good protection against harmful rays including UV and CCTV.

### 2) Truncheon blows.

A placard makes a good temporary shield and light strips of plastic under your clothing on the forearm could offer some protection. The best protective clothing however is a good pair of running shoes.

## AfterCare: Handcuff Injuries

### ACTION:

The sooner you are treated the better for your recovery. The numbness can be long term and become a serious problem if left untreated or undertreated. Get checked out by a Medical or Health professional who has dealt with this specific kind of injury before. Also, read the information below, there are many things you can do yourself to help your hands heal.

### WHAT'S THE TYPICAL PRESENTATION?

The person typically experiences pain around the thumb while tight handcuffs are in place. The pain decreases when the handcuffs are removed, but there is residual altered or decreased sensation over the edge of the hand between the base of the thumb and the wrist. It can also extend to the back of the hand below the first two fingers (forefinger and middle finger), and/or the back of the thumb and the backs of those fingers. There's a decent diagram of the typical region affected at <http://www.ncemi.org/cse/cse0920.htm> This is a description of the most common type of handcuff nerve injury, the bruising of a nerve called the "superficial radial nerve." The reason this nerve is the one most frequently bruised is because of its vulnerable location as it crosses along the end of the radius, the thumb-side bone in the forearm.

### IS THERE ANYTHING I CAN DO TO HELP PREVENT IT?

Nerve damage can be a product of one's own struggling as much as it can be from too-tight handcuffs, so we may want to caution others against thrashing around. Evidently, police officers are instructed not to remove or adjust handcuffs until a "safe controlled environment is reached" (not to mention them just being assholes and using handcuffs as a punitive measure). So while one's complaints of overtight cuffs may be ignored, if only for future legal purposes it's probably worth it to describe your symptoms and ask for them to be loosened. One can also ask to have cuffs "double-locked" which entails the cop applying a special pin to the cuffs which prevents the cuffs from accidentally getting ratcheted any tighter.

### TREATMENTS:

**Homeopathic Arnica:** You can buy these pills at health food and large grocery stores. You take them internally, a few at a time (dosage on bottle) under the tongue and let them dissolve. Potency: 30C.

**Homeopathic Hypericum (St. John's):** You can buy these pills at health food and large grocery stores. You take them internally, a few at a time (dosage on bottle) under the tongue and let them dissolve. Potency: 30C. But the effects of homeopathic Hypericum are diminished if you drink mint tea, use mint toothpaste, consume/come into contact with strong volatile oils, drink coffee or alcohol.

**St. John's Wort tincture** can be used internally (but NOT the oil). Do NOT take this if you are taking anti-depressants.

**A combination of Hypericum, Arnica, and Hemp Oil** can be used externally. TO BE USED TOPICALLY (meaning on your skin)... don't take Arnica oil internally! Also, Evening Primrose Oil is amazing for repairing nerve damage. Follow the dosage on the bottle...

## CAUTION!

We are distressed by the persistent rumors of women having their menstrual cycles disrupted when they are exposed to pepper spray and tear gas. We have heard many first and second-hand stories of women who experienced the sudden onset of severe cramping and bleeding upon exposure to the toxins. We have also heard many first and second-hand stories of women who didn't experience these symptoms. Explanations for this phenomenon include:

they used different chemicals in different parts of the cities - some caused bleeding while others did not

the bleeding was brought on by the trauma, not the toxins, and with the different situations there was different levels of trauma

the women who did bleed were actually supposed to anyway, they just didn't know their cycles -*this is usually suggested by male 'health professionals'*

it was all just a part of mass hysteria, and therefore didn't happen; it was a figment of their collective imaginations -*usually suggested by male 'health professionals'*

it didn't happen and if it did it wasn't reported to anyone -*usually suggested by male 'health professionals'*

As of yet, despite our efforts to get preventative and/or first responder information, no other medical group (activist or not) or women's group has replied to our inquiries with anything other than "it doesn't happen" or "we haven't heard of it" or "don't worry about it, it's not important".

We are deeply troubled by not only the blatant sexism involved in either ignoring or invalidating these stories. We are concerned about the health of women both during the exposure and in the years afterward, and we encourage women (health 'professionals' or not) to get in contact with us with your stories and suggestions. We will be looking for more information about this in the years to come.

Through conversations about the effects of the toxins on women, we have come to the following conclusions. These are not intended to be an exhaustive list, nor was it created by doctors or "health professionals"; it was created by us.



## GUIDE TO PUBLIC ORDER SITUATIONS.

The aim of this guide is not to show you how to conduct a riot. Neither is it intended as a critique on the pros and cons of fighting with the police.

(Just for the record: the authors believe history has proven that engaging with the police on their terms is not likely to result in lasting social change)

What we present here instead is a brief guide to surviving public order situations and slowing down or preventing the police from gaining the upper hand once a situation has occurred.

Bear in mind that the police are much better equipped and trained for close combat than you or I. They will have been psyching themselves up for hours, have plenty of reserves standing by and will feel confident with the law behind them. Beating the police is about outwitting them, not necessarily hitting them over the head.

The manual contains details of tactics which include the use of snatch squads, baton charges and the use of horses to disperse and intimidate large crowds.

If you can't be arsed to read it all then here is the hyper-edited version:

Don't be tempted to stand there and fight - get out to where you can cause some damage or disruption without the police around

Keep moving around, as a group and individually. Fill gaps. Never stand still - chaos puts the police off.

Police attempts to divide the crowd and the formation of police lines must be nipped in the bud.

Don't be intimidated

Do everything in small teams, prepare in advance

Think defensively. Protect each other and escape routes

Always face outwards, i.e. away from us and towards them

Link arms as often as possible, form barriers, use your body

Move quickly and calmly, never giving the police time to react

### PREPARATIONS

Staying out of jail and hospital need not be hard work, most people caught up in riots manage it - even a fairly high proportion of the really pissed-up ones. But with a bit of forethought you can turn surviving a public order situation into living a public order situation!

## Vulnerable Persons

Every action and decision must be taken in respect to being in solidarity and protecting vulnerable people. We must be ready to use solidarity tactics to protect people with vulnerabilities. These people are likely to be given extra charges when arrested, be separated in jail, and be prosecuted more harshly in court. Some examples of vulnerable persons include:

- non-canadian citizens/immigrants/refugees
- people of colour
- visibly gay/lesbian/bi/pan/queer people
- transsexual/transgendered/genderqueer/intersexed people
- people with visible or invisible physical disabilities
- parents
- minors
- Muslims, Sikhs and other people who practice non-western religions
- people with criminal records
- people out on bail/probation/parole
- people with AIDS or HIV
- psych survivors and people with mental health issues
- people wearing all black or bright yellow/orange
- people wearing face masks and gas masks
- known leaders/organizers
- people who speak with accents
- punks
- people who lock down, have catapults, do visibly illegal and/or hardass things

### VULNERABLE TIMES:

- When a crowd of individuals are dispersing and moving away from the area of intense activity
- The end of a demonstration is one of the most vulnerable times. Always leave in groups because this is the most vulnerable time for arrests. Have a pre-defined meeting place where you can find the others in your group if you lose one another.
- If you are in a crowd that is being dispersed involuntarily by the police, it is important to leave in larger groups so that you will have witnesses and support. Some tactics used by police are pepper spray, tear gas, water bombers etc.
- Always have a "buddy system" in place. Always be aware of where that individual is and how they are doing at all times.

Things to do to prepare for a militant action:

- 1) *If you are pregnant, or think you may be pregnant*, stay away from a militant action, or stay to clearly established green actions (labour marches, NGO stuff).
- 2) *If you and your partner are trying to get pregnant*, you and your partner should stay in the green zones. Many people who work with chemicals have higher rates of infertility, not to mention birth defects. We don't know what this shit does to our bodies, and we don't want to risk the health of our babies.

3) *If you expect you will be bleeding during the militant action*, DO NOT USE TAMPONS. All worries about toxic shock syndrome aside, we worry that the chemicals and materials in the tampon may absorb the toxins from the chemical weapons and transfer it to you. The same goes for disposable pads. We suggest the use of an unbleached cloth pad. Other options are sponges or old socks. We recommend 'the keeper', it is a rubber cap that is inserted inside your body. The keeper costs about \$40 Canadian, and can be reused for up to ten years. The rubber does not absorb the toxins in the pepper spray or tear gas. If you have the money, this is your best option.

4) *Be sure to come to the actions prepared to bleed*. Regardless of where you are in your cycle, you should come to the action prepared for it. We still don't know what this shit does.

If you go to a militant demo/direct action and experience unexpected menstrual cramping and/or bleeding, *please report it to the medical team!* If they do not know about it, they will not research it. Without their research, we cannot find the causes, much less figure out what to do when it happens again. We would also appreciate a letter describing what happened, where it happened, and when it happened. Try to keep the info as accurate as possible.

Send it to us:

revolution now 808 14th st Saskatoon SK S7N 0P8 Canada



# A PRIMER ON HERBAL FIRST AID

Start getting ready now. Prevention is the key to survival. There's stuff you can eat that will build up your immune system and help your liver get ready to help you get the shit out of your system. You not only have the physical trauma of the chemicals to deal with, but you have the emotional trauma of the situation to deal with. Your best defence against Post Traumatic Stress Disorder is clean living and a positive mind space.

If you 'may' encounter chemical weapons start doing this at least two weeks before:

**STOP SMOKING, CUT CAFFEINE OUT OF YOUR DIET,  
STOP USING DRUGS AND DRINKING!**

Eat lots

Sleep lots

Exercise lots

Drink lots of water

Get into the sunshine and get lots of vitamin D

Hot and cold therapy (ie. Hot springs, Sauna, etc.)

Yoga and meditation

Talking with your affinity group

**DIET:**

Lots of Potassium, Magnesium, and Zinc.

-Kelp, Miso, bitter foods such as Dandelion leaves, Mizuna, Grapefruit

-Bananas, dark leafy greens, whole grains, root vegetables (potatoes, beets, turnips, artichokes, etc.)

-Oatmeal, Nettles and Nettle tea (½ gallon a day)

-Eat LOTS of foods that are high in fibre after exposure to help your clean out your colon.

## Grounding Practice Two

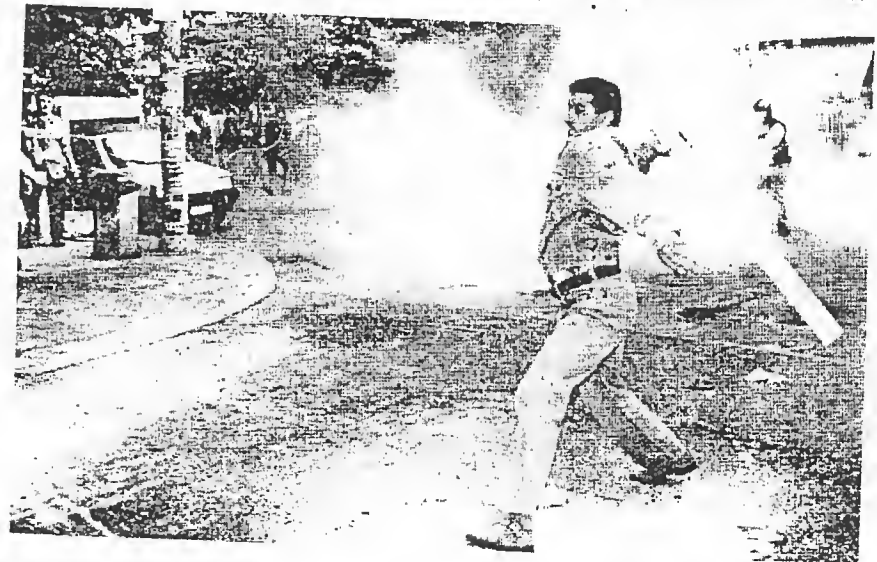
(5-10 minutes)

After teaching grounding, divide the group into two. They stand on opposite sides of the room. The first group is told that they will be a loud, screaming, charging group of riot cops, marching across the room. The second group is told to use their grounding anchors and walk through the line of cops. Give a clear start signal. After the first pass through, you can debrief and then reverse roles, or do both turns and then debrief the whole group.

After you've taught this to the group, it's good to give them a chance to practice it in hassle lines or a role play.

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Saskatoon, Sk S7N 0P8

## THAT'S THE WAY TO DO IT!



Spurt is at its most enjoyable when it is based on active participation of all - and here's a good example of that from the streets of Piraeus in Greece where a shipyard worker is attempting to break the plank-chucking-at-cop record. We don't know if he succeeded but we bet that he had a good time trying!



there's any places that need to be repaired or strengthened. And notice how the energy in this room feels when we all do this.

Now feel the energy of the sun, shining down on your leaves and branches. Breathe deep, draw that energy in. Breathe it down through your leaves and branches, down through your heart and your belly and your hands. Take it in, feed on it like a tree feeds on sunlight.

Now open your eyes. Look around you, notice how other people look to you when you're grounded. Notice what's changed.

When you're grounded, when your energy is linked to the earth energy, you can still move. Imagine your feet have sticky roots, that can sink into the earth and then release when you move. Walk around a little, really feeling your contact with the earth, felling those roots grip and release.

Now as you move, stretch your arms out to your sides, as far as they'll go, until you can't see your hands if you look straight ahead. Now wiggle your thumbs, and slowly bring your arms in until your thumbs are just visible on the edge of your peripheral vision. Notice how wide your field of vision can be. As you walk, breathing deep, grounded, activate that peripheral vision. Know that you can be aware of what's going on around you.

And now notice whether you are making eye contact with the people you pass. Keep breathing, stay grounded, keep your awareness wide, but now also make eye contact with each person you pass. How does it feel to be present in a situation?

Now come back to stillness. As you breathe, feel where it is in your body this grounded place seems to live, and touch that place. Can you find an image for this grounded state? A word or phrase you can say? When you use these three together, touch, image, and phrase, you create an anchor to help you ground quickly in any situation. Try it - use it.

Now relax. How did that go for you all? What did you notice?

Remember, the more you practice grounding, the more automatic it becomes. If you take even a few minutes a day to practice, you'll not only have better energy in your daily life, you'll be able to ground quickly and instantly when you're in a tense situation.

## BASIC HERBAL FIRST AID KIT

Tinctures or capsules seem to be more convenient than teas for most people. Consult an herbalist or wise woman to refine formula to treat specific symptoms or if general debility persists.

Most of these herbs can be wildcrafted, or contact health food stores, herbal pharmacies, naturopaths, herbalists, homeopaths, etc. for donations for the non-profit, community organisation that you are working with and organising with. Bulk loose herbs can be distributed beforehand, or set up a distribution station with pre-mixed blends with instructions at the convergence space.

IF WE KEEP OUR PEOPLE HEALTHY THEY WILL BE BACK ON THE FRONT LINES QUICKER!

### THE KIT

**RESCUE REMEDY** - A bach flower remedy. Dosage: 4 drops under the tongue for trauma, panic, extreme stress, any injury. You can put it in a muscular rub and it will relax spasming muscles. All water you drink, use for treating pepper spray and tear gas victims, etc. can contain Rescue Remedy.

**YARROW or SHEPHERD'S PURSE** - Homeostatic/styptic. Powder herb in a coffee grinder, put a few pinches on wounds to staunch bloodflow. When bleeding has stopped completely, remove plant material with Witch Hazel and disinfect.

**LOBELIA, GRINDELIA, SKUNK CABBAGE ROOT TINCTURE BLEND**- Bronchiolator. For difficulties breathing, asthma attacks, etc. **Caution!** Lobelia is the best for this, but it is *emetic*, which means it induces vomiting, so use only 5-10 drops, wait two minutes, and if difficulties continue, try 5 more drops, then no more.

# Grounding and Centering For Activists

## LIVER SUPPORT:

Lots of dark, leafy greens, beets, Nettle tea, Milk Thistle seeds (or seed tincture), Burdock root, Dandelion root, Oregon Grape root, and Red Clover

## ADRENAL SUPPORT

NERVINES: Borage, Sarsaparilla root, Sassafras, Licorice root (NOT for pregnant wimmin), Skullcap, Cleavers, Oats, Hops, Lavender.

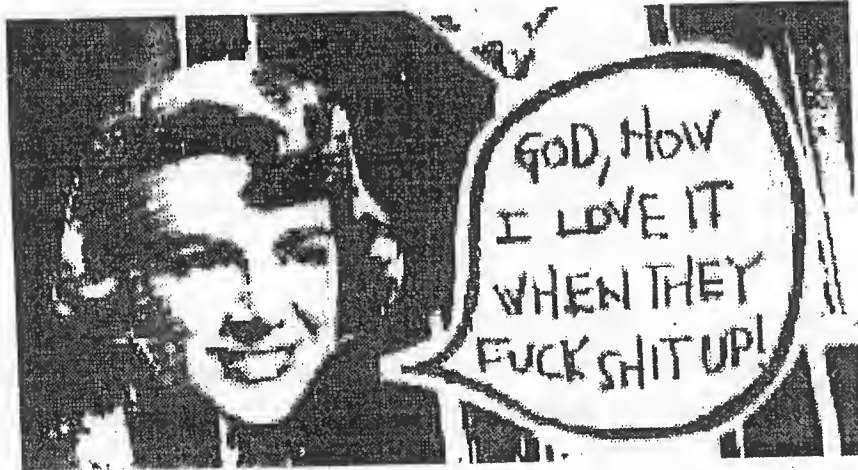
## LUNG SUPPORT

Mullein leaf tincture, two to four dropperfuls every four hours after exposure. After a day decrease this to two dropperfuls twice a day. Chew on Licorice Root, and take Slippery Elm tablets, or capsules of Marshmellow root powder.

## IMMUNE SYSTEM SUPPORT

Echinacea, Garlic, Ginger, Oregon Grape Root

CONTINUE TREATMENT for up to ONE MONTH AFTER THE EXPOSURE.



By Starhawk  
(10-15 minutes)

In an action, in any potentially tense or dangerous situation, we need to be able to stay calm, to feel our fear without letting it overrun us or turn into panic.

Grounding is a technique that can help us stay both alert and relaxed when all hell is breaking loose around us.

Grounding begins with the breath. Try this: clench your stomach, tighten your muscles, breath up high in your chest. How do you begin to feel? (People often say, "anxious," "tense," "panicky.")

Now relax your stomach, let your breath drop down into your belly, into your toes as your belly expands. Do you feel different? For some of you, this might be hard to do. At first it might seem unnatural. Put your hand on your belly, breathe so that your belly pushes your hand out. Practice this, sometimes you need time before you can do it easily and naturally.

Now close your eyes for a moment. Imagine that breath pushing down through your feet, through the base of your spine, as if you were a tree pushing down roots. Let those roots go down through the floor, through the soil below us. Imagine they can feel something of the quality of that earth, what it likes to grow, how healthy it is. Push down through the waters under the earth, down through the bedrock, down into the fire below us. If there's still any tension or fear, let that go into the fire and just burn away into pure energy.

Now imagine you can draw some of that fire up. Feel it as the earth's living, creative energy, and bring it up through the rock and the water and the soil. Bring it up into your legs and feet and the base of your spine. Bring it up your spine and let your spine grow like a flexible tree trunk, reaching up to the sky. Bring some fire into your heart, into any place inside you that needs healing or extra energy.

Bring that energy up through your arms and out your hands, and up through your neck and throat and out the top of your head like branches that reach up to the sky and then spread around you and reach back down to touch the earth. They create a protective filter around you. Take a moment, look at that energy web, notice if there's any places that need to be repaired or strengthened. And notice how the energy in this room feels when we all do this.

IF SOMEONE IS VIOLENT TO YOU, YOU CAN:

- Look them in the eyes, talk to them.
- Don't be afraid of stating the obvious. Tell them they're hurting you, tell them to stop.
- Call for support.
- Breathe.
- Resist as firmly as you can without escalating the anger or violence. Try varying approaches.
- Get your opponent talking and listen to them.
- Sit down or move away.
- If sticks, clubs, and/or kicking are being used, remember the self-defence posture (fists at base of brain, elbows close in over temples, curl up and fall to right to protect your liver).

MORE SAFETY TIPS:

- While being dragged, relax as much as possible. Don't be dragged on your stomach - turn over.
- If held in a choke hold, turn your chin toward the holder's elbow and tuck your chin in.
- Horses: everyone lying or sitting down makes it much harder to disperse you with horses, whereas standing up makes it all too simple. Horses are trained to move sideways into people so if necessary move to the front of a horse. Horses hate fire, so if possible or necessary, see about setting something large aflame.
- Police dogs: stay calm, don't run, don't move, make eye and verbal contact with person controlling dog.
- TRUST YOURSELF. Use your judgment, intuition and common sense.



VALERIAN TINCTURE - Sedative, nervine, muscle relaxant, analgesic, anti-spasmodic. Use for panic, trauma, insomnia. Works well as a pain reliever/sedative.

WILLOW BARK TINCTURE - Analgesic, anti-inflammatory. For headaches, pain relief, inflammation. Not a sedative.

ALOE and or LAVENDER ESSENTIAL OIL - Emollient. For burns caused by heat or friction. Apply after the wound has been cooled down with water. For headaches, apply lavender to temple and between the eyes.

GINSENG - Nervine, stimulant. Use for low energy situations when you have trouble concentrating.

CHAMOMILE/EYEBRIGHT INFUSION - Eyewash. After chemical weapon decontamination treatment, this is a good secondary treatment for soothing and repairing ocular tissue.

PLANTAIN INFUSION - Vulnerary, emollient. Soothes and repairs chemically irritated skin (after decontamination treatments) or roadrash. Also works for beestings, mosquito bites, etc.

TEA TREE/TYME ESSENTIAL OILS - Anti-septic, Anti-microbia. Use these oils to disinfect wounds.

GINGER SYRUP/MEADOWSWEET INFUSION OR TINCTURE - Anti-emetic. For nausea, vomiting, etc.

WITCH HAZEL - Distilled it works as an astringent, anti-inflammatory. Good for removing particles from wounds before disinfecting and slowing bleeding. Good primary treatment for bruises, sprains, contusions, abrasions, inflammation and nosebleeds.

We will not defeat our opponents with the same chess move twice!

CHARCOAL CAPSULES - For treating ingestion of poisoning.

Administer 5-6 capsules as soon as possible, and evacuate casualty to professional medics or hospital.

EPHEDRA/CAFFEINE CAPSULES - For street medics without anakits, epipens or adrenalin, use as treatment for anaphylactic shock.

USE EXTREME CAUTION as both are hypertensives (ie. If casualty has high blood pressure, heart condition, etc. they should be avoided). Dosage: 4ml Ephendra tincture (30-40 drops) or as much CAFFEINE as possible. BE CAREFUL! MONITOR CASUALTY CLOSELY!

\*Note: Ephedra is controlled in Canada therefore it is very difficult to obtain. Try Chinese doctors, herb stores in chinatown, etc.

HOMEOPATHIC ARNICA - Perfect for anything to do with muscles.

For sprains, broken bones, concussion, contusion, swellings, arthritis pain, etc. Also good for bruises from rubber bullets, batons, etc. It comes in creams - DO NOT TAKE INTERNALLY!

PEPPERMINT - Stimulant. Recommended for headaches and nausea.

For headaches, rub on temples and between the eyes. For nausea, put 2-3 drops in hands and rub them together. Then cup your hands over your face and inhale.

COMFREY - Causes cells to regenerate quickly and stimulates blood vessels. Use on cuts that have already started to heal, or fresh wounds that have been cleaned. Also works as a sore muscle rub.

CLOVE OIL - Essential oil that is good for tooth/mouth pain. Use a q-tip to apply to the area.

To apply paint from a distance, **YOU CAN** also fill up light bulbs or Christmas tree ornaments with it, and throw. On an entirely different subject—has it occurred to you that the Achilles' heel of riot gear is that the wearers need to be able to see out?

## ACTION SAFETY TIPS FOR DEFUSING VIOLENCE

### DURING THE ACTION

- Stay calm. Take deep breaths if tense or afraid. Ground yourself.
- View unanticipated situations as opportunities, not consequences or disasters. Be creative, imaginative, open, flexible.
- Be alert, look out for each other. Set up a 'buddy' system. Be aware of what's happening to your buddy. Having a buddy of the same sex means that you can continue to support each other in jail, and buddies often make an agreement that if/when one gets arrested the other will follow suit so that no one is in jail alone.
- Respect yourself. Hold your ground, stay firm. Try not to retreat - maintain your body space. Don't invade others' body space.
- Know what cannot be taken away from you - spirit, truth, inner strength.
- Deal with people as individuals, communicate one-to-one.
- Remember your purpose in being there, don't get sidetracked into verbal conflicts.
- Don't run, it can cause panic.
- Take responsibility and empower yourself to act as a peacekeeper within your affinity group. Take care of each other.

### IF YOU SEE SOMEONE BEING VIOLENT YOU CAN:

(refers to violence against a PERSON)

- Talk to the aggressor, establish eye contact, tell them they're hurting the person, tell them to stop.
- Call other's attention to the violence.
- Put yourself between the aggressor and the victim.
- Deflect the aggressor's attention away, ie. Say the cops and media are coming, and help the victim to move away.
- Let the aggressor know you're filming the violence.
- Throw your body over the victim.
- With others, surround the aggressor and move him/her away.
- All sit down in the vicinity of the violence so the aggressor is exposed.

